

Autumn Baked Pears (Whole30, Paleo)

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I love going through the fridge on a Sunday Morning and seeing what produce I have left from the prior week. It let's me get creative and toss together a quick recipe that I may not necessarily have made otherwise. This week, I had 2 extra Pears and a small amount of Walnuts at the bottom of the bag and these Baked Cinnamon Pears were the result!

They're a Fall festive healthy snack that I'll definitely be making again soon! The Pears become so soft and juicy, allowing for easy removal of the skin, so there's no need to peel them prior to putting them in the oven! These took less than 5 minutes to throw together, and the hardest part was waiting for them to cool once they were cooked! Sort through your produce drawer and get creative with your leftovers this week or skip the creativity and whip up these baked cinnamon pears! You'll be so happy you did!

INGREDIENTS:

- 2 Asian Pears
- 2 tsp Coconut Butter
- 1/4 Cup Walnuts, chopped
- 1/4 tsp Cinnamon + additional for sprinkling

INSTRUCTIONS:

1. Preheat oven to 350F. In a small bowl, add your Walnuts, Coconut Butter, & Cinnamon. Mix to combine.
2. Slice your Pears in half vertically and scoop of the seeds, creating small gum-ball sized wells. Fill each well with 1/4 of your Walnut mixture.
3. Transfer pears to a parchment paper lined baking sheet or a greased baking dish, and sprinkle with additional Cinnamon. Bake for 30-35 minutes.
4. Once cooked, remove and serve with your favorite toppings! I like to use almond butter and coconut flakes! Enjoy!

MAKES 2 SERVINGS

